



Meet Dennis Cante

Dennis Cante, a professional tango and salsa dancer and teacher, has developed the Tango for PD program based on his training with Dance for PD® at the Mark Morris Dance Company in New York. The Tango for PD workshop also incorporates “Parkinson’s Disease and the Art of Moving™” developed by John Argue in Berkeley, California. This is often referred to as: “rhythmically coordinated movement”

Fitness and exercise, including dance, are key parts of maintaining physical and emotional health for those with Parkinson’s. Current research indicates that Argentine Tango may be particularly beneficial, given the emphasis on posture and balance, walking, changes in weight, and musicality found in this dance. Each person is encouraged to participate based on their own ability; movement is modified based on ability to sit or stand, as well as the need for wheelchairs or other mobility assistance.

Rhythmically coordinated movement can be done from any position that best fits for her or him!

Claremont Parkinson’s Explorers Support Group
Joslyn Senior Center Main Building, (Weinberger Wing)
660 N. Mountain Ave, Claremont CA 91711

GUEST SPEAKER: Dennis Cante

TOPIC: Dance the Tango and how it helps PD

Date: Saturday, January 13, 2018

Time: 10:00 am to 12noon Meets 2nd Saturday of each month.